



BUILDING A STRONG FOUNDATION

Rhineland basketball is about five guys playing together as one. We want guys to learn how to play hard, play fundamentally sound, and play together. We want to master the fundamentals to ensure that we have players who can play at a high level. With all the individual skill we improve, we want players to also learn that playing together is what makes us winners.

HODAG BASKETBALL



“A WINNING TRADITION”

3 Keys to Success

PURPOSE	CONTROL THE CONTROLLABLES	NEXT PLAY
Players that have purpose know what they are about to do, why they are doing it, and what they need to do next. Players without purpose have no goal, destination, or idea of why they are doing what they do. Purposeful players are aggressive players. Preach to your players to have purpose in everything that they do.	On the basketball court and in life we encounter a number of things that are out of our control. In basketball the fans, the officials, opponents, and many other aspects are out of our control. When we focus on the things that we can control, we give ourselves purpose and begin working towards our goal. We waste our energy when we think about and react to things out of our control.	The past is the past. We cannot undo anything that has already been done. It is important for players to learn that in life and basketball we must move on to the next play. We cannot get down on ourselves for a mistake and we cannot be content with our success. We learn from each experience and move on to the next without dwelling on the past.

Hodag Offensive Philosophy

Take care of the ball

- Take calculated risks
 - Some plays are appropriate at some times so have situational awareness.
 - Game time is not the time to experiment.
 - Don't attack to make a play, attack because it's there.
- Do everything with a purpose, and be in control

Push the ball in transition

- Puts pressure on offensive rebounders
 - Have a big man that can go hard and get ahead of his man. This causes their man to have to worry about getting back, not rebounding.
 - Guards have to find their man in transition, this allows a big to slip behind the D and get a layup simply by running the floor.
- Forces opponents to play your tempo
- Creates open shots
 - 3 point shooters can find corners to get open 3's
 - Defense is often closing out beyond their comfort zone allowing shot fake and penetration.
 - Defense is scrambling and often not in their gaps and off ball locations.
 - Mismatches are often created

Take good shots

- Don't shoot to score, shoot because it's there
- Know your abilities as a player
 - Just because your open doesn't mean it's a good shot
 - Don't be hesitant, be selective
 - Shoot to make it, don't shoot to not miss
- Work to get inside touches
- Don't miss trying to avoid the defense, make them make a play/ there are no points for blocked shots
 - If a defender is coming over to help, a player is unguarded. This may not be a passable situation, but if the ball is put up there is an unguarded rebounder.

Spacing and movement

- 12-15 feet
- Receivers and passer create passing lanes
- Cut with a purpose: if you're going to do it, do it hard and with purpose
- Don't stay in the lane: Move through fast, and keep moving through
 - Don't be cholesterol
- Don't confuse action with accomplishment (move with a purpose), sometimes waiting and reading is the best move you can make.

Screening

- It is a two man game, both players must READ the D
 - Re-screening and shifting the screen can bury a cheating defender
- Always have 2 Actions: One goes high, one goes low
- Set the screen on a person, not an area
- Get large and angle the screen so the person has a path to the hoop or destination.
- Rub shoulders with the screener and read the D
- Wait for the screen! Set up the D while you wait
- Good screens wear down a defender along with not setting patterns

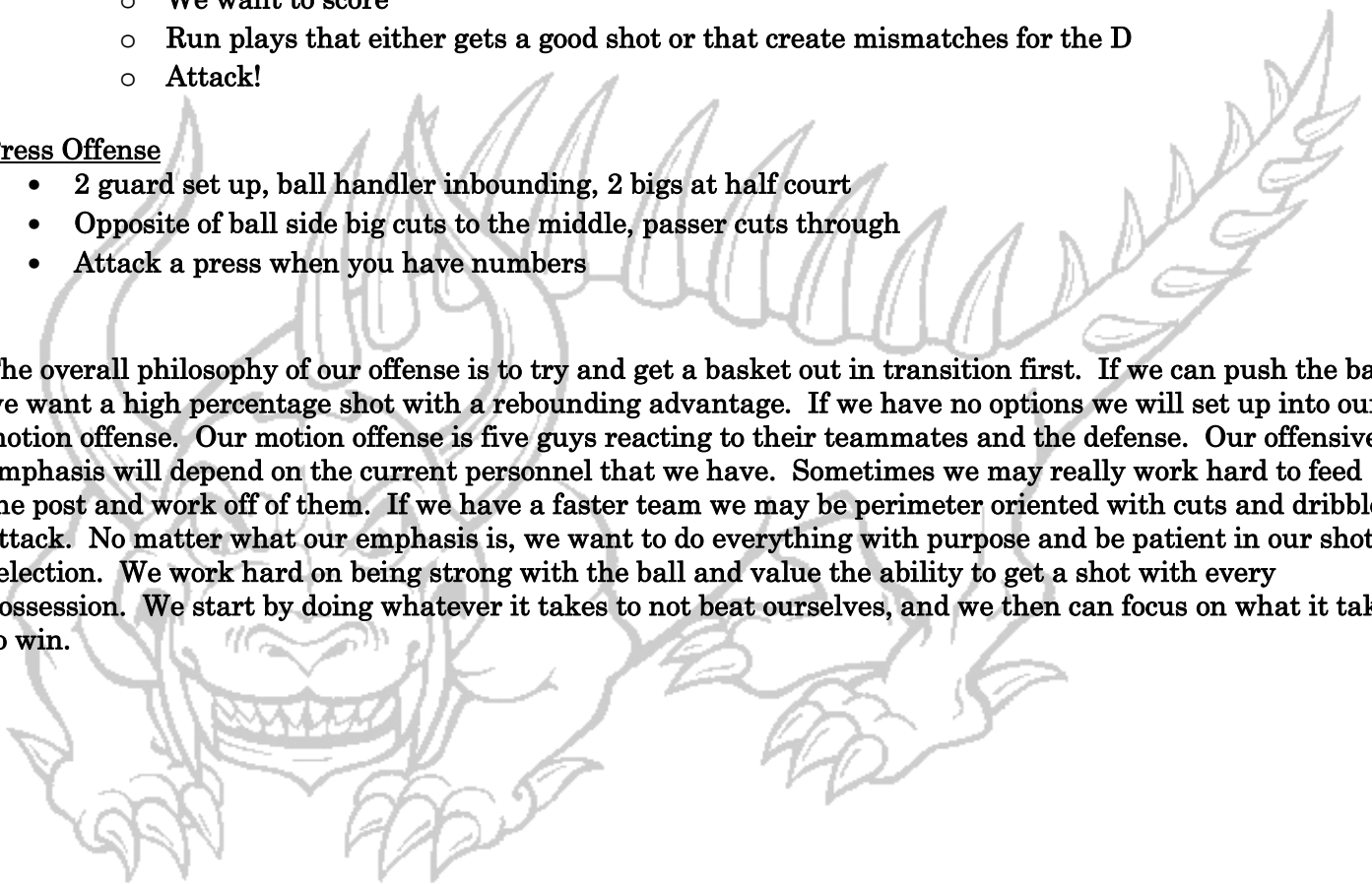
Inbounds under your basket

- This is the basketball RED-ZONE
 - We want to score
 - Run plays that either gets a good shot or that create mismatches for the D
 - Attack!

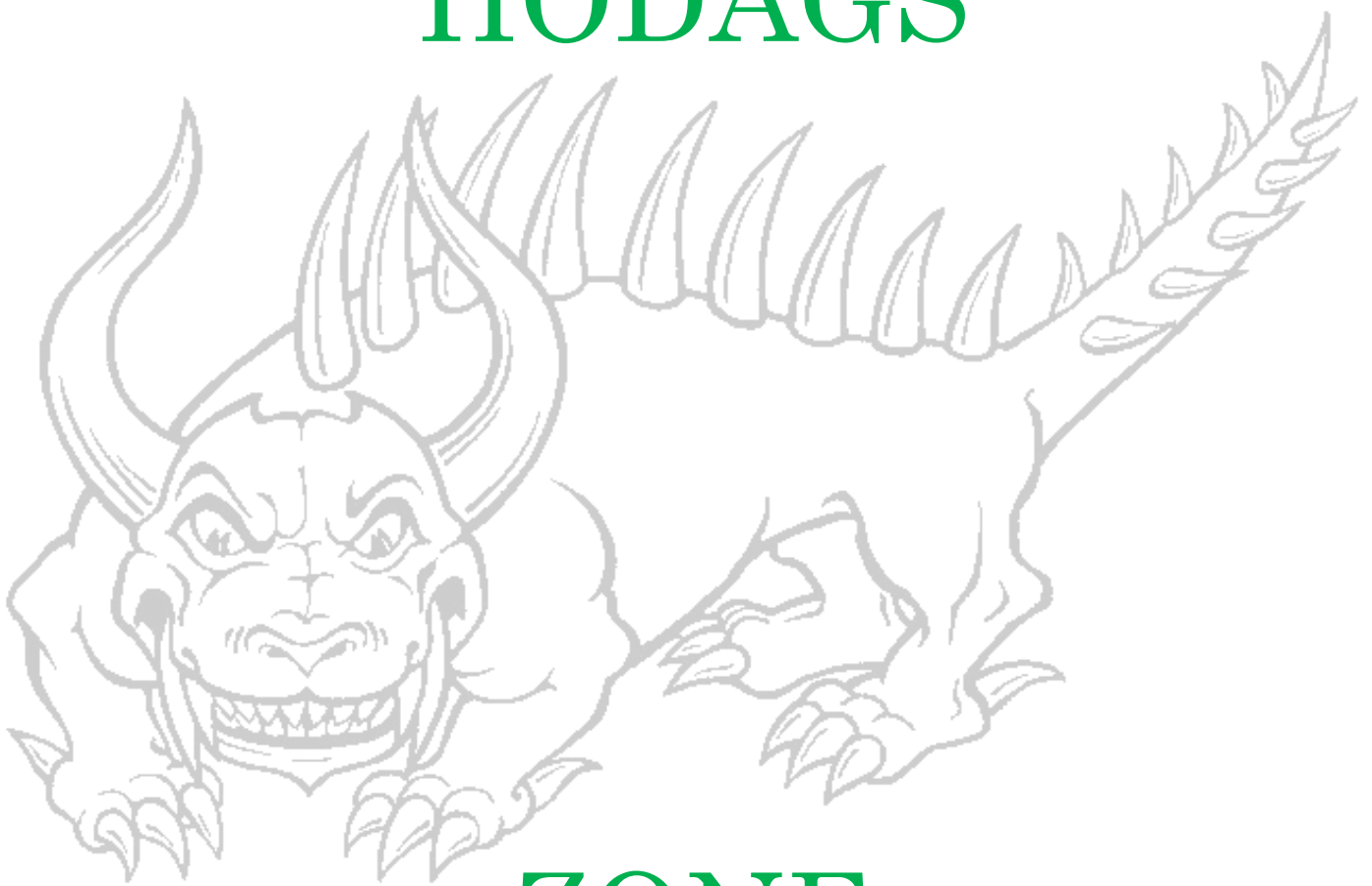
Press Offense

- 2 guard set up, ball handler inbound, 2 bigs at half court
- Opposite of ball side big cuts to the middle, passer cuts through
- Attack a press when you have numbers

The overall philosophy of our offense is to try and get a basket out in transition first. If we can push the ball, we want a high percentage shot with a rebounding advantage. If we have no options we will set up into our motion offense. Our motion offense is five guys reacting to their teammates and the defense. Our offensive emphasis will depend on the current personnel that we have. Sometimes we may really work hard to feed the post and work off of them. If we have a faster team we may be perimeter oriented with cuts and dribble attack. No matter what our emphasis is, we want to do everything with purpose and be patient in our shot selection. We work hard on being strong with the ball and value the ability to get a shot with every possession. We start by doing whatever it takes to not beat ourselves, and we then can focus on what it takes to win.

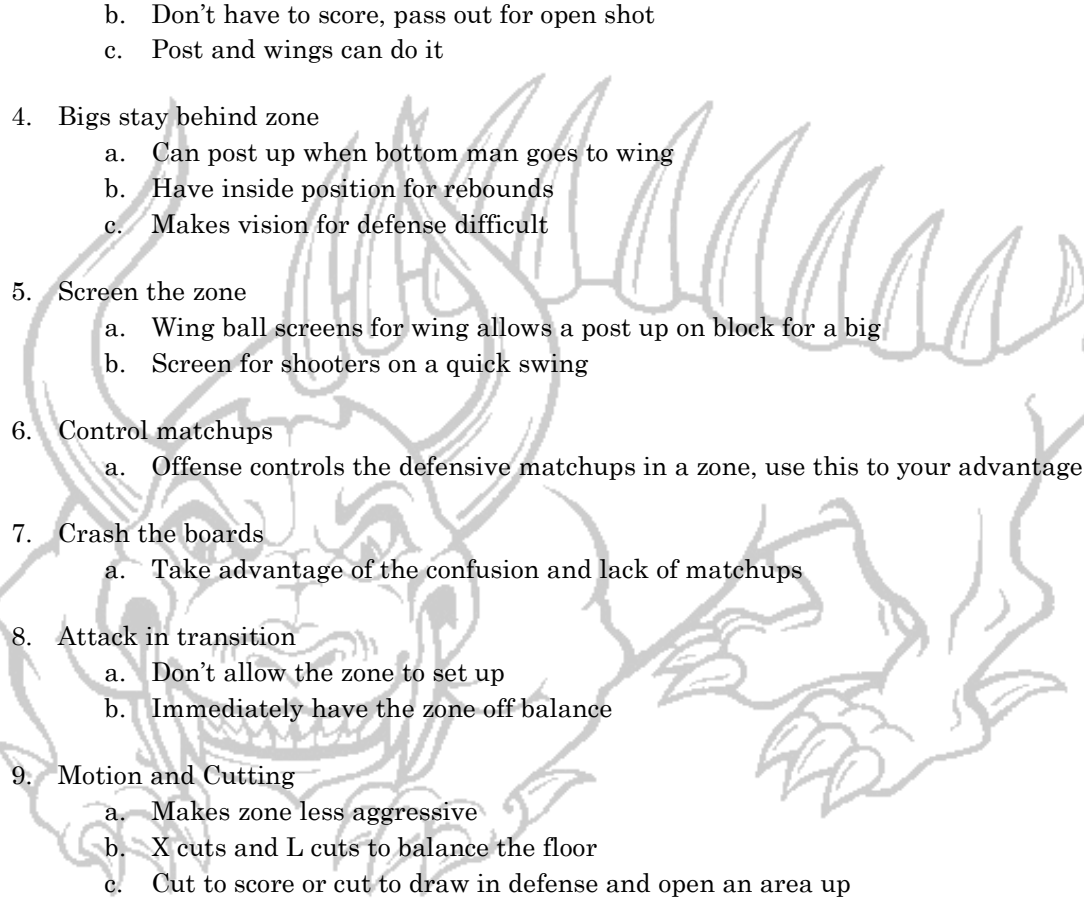


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ZONE
OFFENSE

Keys to Zone offense

1. Use the Dribble intelligently
 - a. Shallow cuts on angle dribble
 - b. Find 2 on 1 opportunities
 - c. Draw defenders and kick to open players
 2. Use Ball Reversal
 - a. Forces Defense off balance
 - b. Attack the defense on the recovery not the help
 3. Flash to the middle
 - a. Force defense to collapse in
 - b. Don't have to score, pass out for open shot
 - c. Post and wings can do it
 4. Bigs stay behind zone
 - a. Can post up when bottom man goes to wing
 - b. Have inside position for rebounds
 - c. Makes vision for defense difficult
 5. Screen the zone
 - a. Wing ball screens for wing allows a post up on block for a big
 - b. Screen for shooters on a quick swing
 6. Control matchups
 - a. Offense controls the defensive matchups in a zone, use this to your advantage
 7. Crash the boards
 - a. Take advantage of the confusion and lack of matchups
 8. Attack in transition
 - a. Don't allow the zone to set up
 - b. Immediately have the zone off balance
 9. Motion and Cutting
 - a. Makes zone less aggressive
 - b. X cuts and L cuts to balance the floor
 - c. Cut to score or cut to draw in defense and open an area up
 10. Use pass fakes
 - a. Gets maximum movement from Defense with minimum offensive movement
 11. Outnumber the basketball
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DEFENSIVE PHILOSOPHY

Hodag Defensive Philosophy

Mix it up

- Multiple Defenses
 - Allows you to keep offense from becoming comfortable.
 - Hard to prepare for.
 - Allows you to practice against a variety of Defenses you may see
 - Makes your players think daily and play a type of ball many teams aren't used to.
 - Makes drawing up plays and sets difficult for coaches because of the uncertainty of which defense you may play after a quarter or timeout.

Play hard and Smart

- Stop the BALL
 - This is what puts points on the board and is the priority
 - Outnumber the ball, everyone is in position to stop it
- Ball pressure, Tracing the ball, get deflections and force lob passes
 - Takes a mental toll on the offense
 - Allows recovery time for Gap and Help defenders
 - Force ball to gap help and boundaries
- See man and Ball!
- Anticipate, don't react
- Communicate: Everyone is on the same page
 - Call screens and talk through
 - Call gap and help
 - Call Shot!
 - Tell your teammates what you need when you need it!
 - Talking = intimidation. Other teams see the effort and teamwork and it becomes intimidating to opposing teams
- Move on airtime: prevents out of control closeouts and playing from behind
 - Low body, High hands, choppy feet.
 - Beat the ball to the spot. Defense is beat when it is out of position, don't be that Defense.
- Don't let them cut across your face: Jump the cutters to get in front!
- Force the offense to Force it
- You're either: On ball, Gap help in passing lane, , Help D, or weakside
- Hedge ball screens and get back
 - Hand on hip to prevent slip
 - Push dribbler wide and give D a gap to recover
- Don't let anyone get behind you or between you and the hoop!
- Finish all plays with a box out and rebound
 - Hit and Get...make contact with offense.
 - Never wait for a rebound, go and get it.
 - Don't run under the hoop, Rebound the ball not the rim.
- Know your opponent and what each individuals strengths and weaknesses are
- Take charges and dive on all loose balls

Mentally exhaust your opponent

Our defense starts by eliminating uncontested shots, shots near the hoop, and second chance opportunities. Then by switching Defenses, taking charges, deflecting passes, forcing lob passes, and continually pressuring the ball our defense takes a mental toll on an offensive player that will wear him down as the game goes on. They may make some shots early and make some runs, but doing the above things for a full game will mentally wear down your opponent and force him to play at a level he is not accustomed to. When players make mistakes, get their pass deflected, and have to adjust to constant changes in the Defense they become hesitant and lose confidence in themselves and their teammates. This leads to the breakdown of mentally weak players and even strong players.



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COACHING PHILOSOPHY

Keys to a successful youth program

Coaching Keys:

- High energy and intensity: If we expect our players to bring their best, we need to bring ours. Make them match your intensity and energy level.
- Teach in sound bytes! The longer you talk the less they hear. Make whatever you have to say short and to the point. Choose one or two points and then move on. 10 to 20 seconds at a time. Use rest times to go more in depths...not in the middle of the drill.
- Be positive. You are here to make them better players and team, they are there to learn, compete, and have fun. Never lose sight of that. If a player isn't boxing out, call attention and explain what he is doing. Make sure you do everything you can to catch him doing it correctly and give him praise for the adjustment. Don't yell at them, coach the error!
- Whole, part, whole: Show the players what the entire play, drill, move, or whatever you are teaching looks like. After that, go through each part, and then finally get back to the whole. Some concepts need to be broken into parts and drilled on separate, then bring these parts back together.
- Sportsmanship: Blaming an official and yelling at officials is something these players should never think is acceptable. That mindset begins with the coach. This is youth basketball and if you're noticing officials, you're not coaching the players.

Practice Keys:

- Make all drills competitive and fast paced...have a punishment for not meeting goals or losing. Something as small as 2 pushups for losing a shooting contest is enough to remind the players that they didn't achieve their goal. Make players have a goal for not having any drops in 3 man weave or less than 3 turnovers in their scrimmage. Little things to keep them focused, but make sure it is an achievable goal.
- Focus on the fundamentals: Don't overcomplicate the game. Teach players how to play the right way and keep it fundamentally sound.
- Make drills short and intense: Once players stop going hard and focusing, it's time to move on. There is nothing wrong with a drill lasting 2 to 3 minutes!
- Create drills that teach a number of skills! Explain the different things you're looking for in these drills as well.
- Condition within the drills: If the drills are intense and fast paced, then they won't have to spend time running to get in shape.
- Attention to details: Don't accept anything done sloppy! Good habits are formed by doing it over and over again the correct way.
- Have games and competitions: We play the game because it is fun. Make it that way.

Game Keys:

- Everyone plays! They all put the time in, so they all deserve time.
- Make the games fun and competitive. Coach the game and fix what you can, but don't try to teach too much. Wait for the next practice and fix it then.
- Always find positives! Every player does something right, let them know it.

Thanks for what you do for our program!

Key Fundamentals

Shooting

- Square up to the hoop
 - Both feet pointing at the hoop when you leave and when you land.
 - Young players twist as they shoot because they are not strong enough
- Feet shoulder width apart w/ shooting foot slightly forward
- Bend at the legs and power with your LEGS
 - Huge point for young players. They want to shoot with their arms
- Elbow to eye follow through snapping the wrist
 - Keep guide hand out of there! One hand will shoot, the other is there for balance.
 - Teach them to put back spin on the ball
 - Fingers should dip towards the hoop

Shooting Drills

1. **Form shooting (lots of it).** Young players are in a hurry to grow up and be deep shooters. In your shooting drills they should have to start short and make 3 in a row before they can take a step back. If they spend time in their range they will not pick up a lot of bad habits.
2. **Partner shooting:** If they have a partner rebounding, then they should start low with their shooting foot back so they can step AS they catch. This will teach them to catch the ball and be ready to shoot. *Partner who is rebounding should not let the ball touch the ground when rebounding. This teaches them to read the ball and hustle after it.
3. **Hodag 12:** 2 lines, one rebounding and the other one shooting. Shots taken: layup, reverse layup, jump stop power finish, catch and sweep for finish, catch and cross, sweep and pull up. 1 or 2 times through on each side.
4. **Alford shooting:** This is aimed more at having the players shoot while moving. Shooter has to run to a designated spot about 5 or 6 feet away and then back to his shooting spot. At his shooting spot he will receive his pass and shoot while maintaining proper form.

Ball Handling: Make sure your players know that the only way they can move with the ball is by dribbling. This will hopefully motivate them to become a fluid ball handler with both hands. It is the easiest thing to practice and doing it for 2 to 3 minutes a couple times a day will make them a much better dribbler. If they are stationary the ball should be kept close to the body and if they are speed dribbling the ball should be pushed out in front of them. All drills should start slow with an emphasis on proper form and then increased in speed and intensity to force players out of their comfort zone. Mistakes need to be made.

- A good ball handler:
 - Has eyes open scanning the court
 - Protects the ball from their defender with their body and change of speed and elevation.
 - Uses short, quick, and powerful dribbles to allow change in direction and better reaction time.
 - Pounds the ball (don't let them play patty cake)
 - Is low and explosive

Ball Handling Drills: Start slow, build a rhythm, and go until you are out of your comfort zone and making mistakes.

1. 1 Ball no dribble

- a. Around 1 leg, around 2 legs, around the body, figure 8, cherry pickers, front to back, side to sides

2. 1 Ball stationary dribble: *All dribbles are low and explosive with very little time in the "red zone"*

- a. Crossovers, between the legs, behind the back, kill and raise, push pull, inside out

3. 2 Ball stationary dribble:

- a. 2 ball same, 2 ball alternate, 2 ball kill, 1 high and 1 low, push pull, stir the pot, crossover

4. 1 Ball movement:

- a. Crossovers: Plant and explode from the defender. Don't let players go in a straight line. They should zig zag and time their crossover move with the change in direction.
- b. Speed dribble, Crossover, between the legs, behind the back, spin move, inside out, back up and go, stutter step, combo dribbles.

5. 2 Ball movement:

- a. Create ambidextrous players. Eyes are up and the ball is pounded
- b. 2 ball same speed, 2 ball alternate speed, cross over and go

Passing

- Step towards your target
- Don't pass through the defenders hands, step through
- Frozen rope passes, no lollipops
- Snap the ball and hit them in the hands

Catching

- Meet the pass, don't wait for it to come to you
- Catch with 2 hands and rip to triple threat position
- Keep your eye on the pass

Passing Drills

1. Stationary partner passing
 - a. Chest pass, bounce pass, overhead pass, wrap around
2. Machine gun passing
 - a. 4 or 5 guys in a group w/ 2 to 3 balls. Concentration is key
3. Pointer passing
 - a. Partner passing where the receiver must rip and sweep the ball and then take 2 to 3 hard dribbles while the other player reacts and moves.
4. Monkey in the cage
 - a. 3 man drill with a defender tracing the ball. Once the passer makes his pass, he follows it and becomes the next defender. Emphasize defender tracing ball and passer stepping through the defender while making fakes.
5. 3 man weave

Defense

- Player is low and explosive
- When guarding ball defender has active hands that trace the ball and keeps man in front
- Give cushion when offense is low and crowd when they are high
- Be in attack mode and don't be reactive, you make the offense react to you
- High hands on shooters
- See man and ball at all times
- When not guarding the ball be in the correct help position
- Close out with low body, choppy feet, and high hands to disrupt shooters and be reactive to the drive.

Defensive Drills

1. Mass defensive slides
 - a. Great for young players and refresher for experienced
 - b. Go short bursts where they play hard
 - c. Additional: Show shot and box, dive for ball, take charge
2. 1 on 1 closeouts
 - a. Player rolls ball out to offensive player and the ball is live
3. 1 on 1 zig zag
 - a. Build on this one: first time no hands and half speed, next hands and 75%, final is full speed
 - b. Must make the offensive player change direction by beating them to the spot
4. Shell Drill
 - a. This is the ultimate way to build team defense
 - b. Players must sprint on air time so that they beat the ball to the spot
 - c. Practice jumping cuts, and cutting off baseline

Other important skills

- Pivoting
 - Please spend time perfecting this, players should rip the ball high or sweep the ball below the knees when they pivot. The ball movement should be hip to hip to keep body protecting the ball.
 - Get them in a habit of pivoting with their non-shooting foot
- Screening
 - Screeners need to be set and at angle allowing that will provide the offense the best options
 - Players who are good screeners and open up afterwards are the new craze in the NBA
 - There should always be two actions for every screen.....one high and one low. Screener will usually make the second movement opposite of the receiver
 - Receiver must set up his defender, usually at a slower pace, by moving him into the screening area, then he will explode off of the screen
 - Receiver must make his move off the screen based on the defenders actions
- Moving without the ball and staying spaced
- Post work
 - 4 L's: Low, Large, Location, Loud
 - Meet the ball with reaching defenders
 - Emphasize footwork and winning the position battle
 - Location is above block and out of the lane
- Rules of the game

- Rebounding and boxing out
 - Teach them to read the ball not run to the rim
 - Hand, Hit, and Highest point
- Being competitive while still enjoying the game and being a good sport
 - Teach kids to compete in everything they do....drills, games, contest, etc.
 - NO excuses for losing, but learn what you need to do different
 - Never be outworked
- Finishing: Go up strong, Absorb contact then shoot, Don't miss worrying about the D
 - Different ways to finish:
 - Power Jump stop: When in traffic to keep shoulder square to defender (10 toes)
 - Avoidance Jump stop: Used to avoid a help side defender: Chin the ball and get hips around
 - Stockton: Defender is on outside of body shoot with inside hand
 - Reverse layup: Open up to court and shoulder squares off defender
 - Quick reverse: Back to court using rim to protect ball

